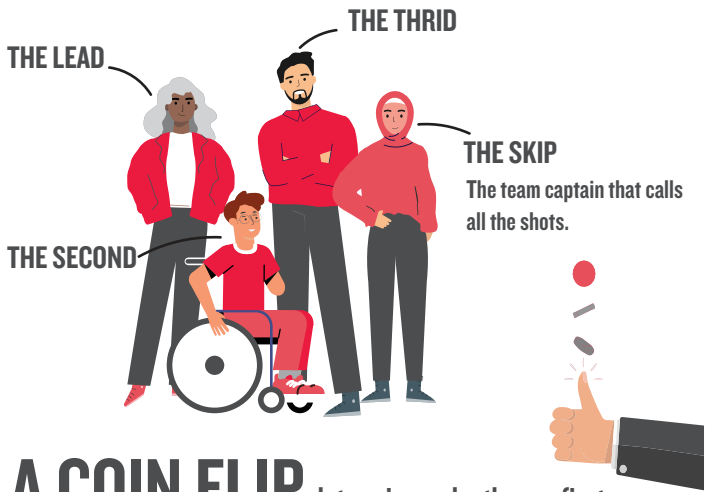


LEARN HOW TO CURL



CURLING CANADA

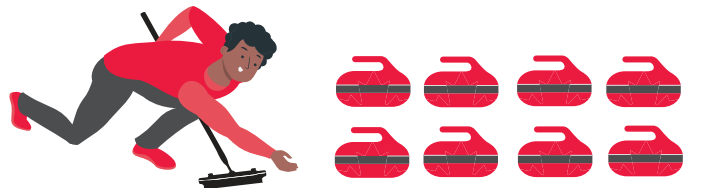
MAKE **2x TEAMS** OF 4 PLAYERS



A **COIN FLIP** determines who throws first.

PLAYERS TAKE TURNS THROWING

44 LB (19.96 KG) stones down a sheet of ice.



EACH PLAYER GETS 2 STONES 8 STONES PER TEAM
TEAMS ALTERNATE THROWING



THE THROWER

Pushes off from the hack to throw the stone

They must let go of the stone before the hog line, and the stone only counts if it crosses the far hog line and doesn't touch the sidelines or go through the house.

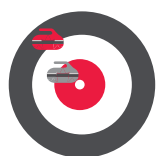


THE SWEEPERS

Brush ice in front of stone to control its path.

KEEPING SCORE

END	1	2	3	4	5	6	7	8	9	10	TOTAL
TEAM A											
TEAM B											



The team closest to the button after ALL the rocks are thrown wins **THE END** and gets one point plus an additional point per stone in the house that is closer to the button than the other team's closest stone.

This process is repeated for 6-10 rounds called ends
UNTIL ONE TEAM IS VICTORIOUS!



THE TARGET = A 12 FOOT (3.66 M) HOUSE, THAT LOOKS LIKE A BULLSEYE THAT IS JUST UNDER 150 FEET (45.72M) AWAY.



THE CURLING SHEET

THE HACK
A FOOTHOLD YOU USE TO PUSH OFF FROM

HOG LINE
PLAYERS MUST RELEASE STONE BEFORE THIS POINT

HOG LINE
STONE MUST PASS THIS POINT TO STAY IN PLAY

THE BUTTON
GOAL TO GET STONES CLOSEST TO THE CENTRE

THE "CURL"

ROTATING THE ROCK ENABLES THE ROCK TO CURL

A "low rotating rate" is not commonly recommended.



FUN FACT!

The ice isn't smooth, it has tiny droplets of ice all over it which cause the curling rocks to curl - which is why it's called **CURLING!**

TYPES OF SHOTS

DRAW

Thrown to reach the house.

TAKEOUT

To knock other stones out of play.

GUARD

Stops in front of another stone.